

Self-Defense Classes for Women & Girls



Wednesday, April 9, 6:30 - 9:00 pm

Glendale Community College, Student Center Conference Room (SC212)

1500 N. Verdugo Rd., Glendale, 91208

Free parking available at Lot C Structure, Levels 1 & 2 (Entrance on Mountain Ave.)

Wednesday, April 16, 6:30 - 9:00 pm

Glendale Police Department, Large Community Room

131 N. Isabel St., Glendale, 91206

Free parking available in the Civic Center Parking Lot (Entrance on Wilson, between Isabel St. and Glendale Ave.)

✦ **FREE self-defense session for women and girls ages 12 and up**

✦ **Classes are not cumulative - can attend one or more**

✦ **Wear exercise attire and athletic shoes**

✦ **Space is limited - reserve your spot now**

Classes made available by the Glendale Commission on the Status of Women, and taught by SHIELD Self-Defense Training, a martial-arts-based women's self-defense program.

April is Sexual Assault Awareness Month

To RSVP or for more information: 818.548.2000 or women@ci.glendale.ca.us



Reasonable accommodations can be made upon request.